



March 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:30-Healthy Bones (HTB) 11:30-Lunch: Stuffed Chicken 1:30- Documentaries (MCL) 2- Social Bridge (MCL)	3 10- Blood Pressure 11:30-Lunch: Beef Stew 1- Artists' Choice 1- Billiards Club (HVY) 2- Social Bridge (MCL)	4 10:30- Bingo 10:30-Healthy Bones (HTB) 11:30-Lunch: Cheese Tortellini w/ Alfredo Sauce 12:30- Senior Luncheon & Play Preview (HVCHS)	5 10:30-Active Aging (HTB) 11:30-Lunch: Italian Sausage 1:30-Mahjongg	6 11:30- Lunch: Baked Fish 12:30-Brown Bag Lunch (PPC) 1:30-First Friday Film: Judy (MCL)	7
8 	9 10:30-Healthy Bones (HTB) 11:30-Lunch: Western Omelet 2- Social Bridge (MCL) 2-Senior Book Group (MCL)	10 11:30-Lunch: Turkey 10:30-T'ai Chi (SJC) 1- Artists' Choice 1- Billiards Club (HVY) 2- Social Bridge (MCL)	11 10:30-Healthy Bones (HTB) 11:30-Lunch: Meatballs 11:30- St Patty's Luncheon (BLP) 1-Let's Chat 2-The Short of It (MCL)	12 10:30-Active Aging (HTB) 11:30-Lunch: Breaded Chicken 1:30-Mahjongg	13 11:30-Lunch: Tuna Salad 1-Knitting Club	14
15	16 10:30-Healthy Bones (HTB) 11:30-Lunch: Corned Beef 12:30- Newsletter Folding 2- Social Bridge (MCL)	17 10-Blood Pressure (HTB) 10:30-T'ai Chi (SJC) 11:30-Lunch: Meatloaf 1- Artists' Choice 1- Billiards Club (HVY) 2- Social Bridge (MCL) 	18 10:30-Healthy Bones (HTB) 11:30-Lunch: Turkey & Provolone Cheese Sandwich 2- Senior Advisory Board	19 10:30-Active Aging (HTB) 10-Sleep Presentation 11:30-Lunch: Beef Chili 1:30-Mahjongg 	20 11:30-Lunch: Crab Cakes	21
22	23 10:30-Healthy Bones (HTB) 11- POLST Form (MCL) 11:30-Lunch: Chicken Pot Pie 2- Social Bridge (MCL)	24 10:30-T'ai Chi (SJC) 11:30-Lunch: Beef Burger 1- Artists' Choice 1- Billiards Club (HVY) 2- Social Bridge (MCL) 6:30-Baby Boomers (PPL)	25 10:30-Healthy Bones (HTB) 11:30-Lunch: Chicken Breast 1:30 & 6:30- Movie for Adults: Glass (MCL)	26 10:30-Active Aging (HTB) 10-Energy Aggregation 11:30-Lunch: Breaded Pork Chop 1:30-Mahjongg	27 11:30- Lunch: Eggplant Rollatini	28
29	30 10:30-Healthy Bones (HTB) 11:30-Lunch: Low Salt Ham 2- Social Bridge (MCL)	31 10:30-T'ai Chi (SJC) 11:30-Lunch: Cheesy Chicken Enchilada 1- Artists' Choice 1- Billiards Club (HVY) 2- Social Bridge (MCL)		Location Guide BLP-Brandywine Living @ Pennington CHH-Capital Health-Hopewell HTB-Hopewell Town. Building HTPW-Hopewell Township Public Works HVCHS-Hopewell Valley Central High School	HVY-Hopewell Valley YMCA MCL-MC Library, Hopewell Branch PB-Pennington Borough PPC-Pennington Presbyterian Church PPL-Pennington Public Library SJC- St. James Church	All programs are at the Hopewell Valley Senior Center, 395 Reading St. in Pennington unless marked in bold. For directions to any location, call 609-537-0236